

MAKING WAVES

This simple activity offers two ways to reduce vision.

Benefits »

- ⦿ Facilitates somatic and vestibular awareness.
- ⦿ Identifies participants with possible vestibular dysfunction.
- ⦿ Links to other activities.

How to Do It »

- ⦿ Participants sit with tall posture in chairs with arms.
- ⦿ They cup their hands over their eyes. They can see out, but not well and only between their fingers.
 - Turn the head left, center, right, and center. Dip the chin, lift the chin up, center, dip, turn, and lift etc.
 - Do slow head turns while nodding. These are the waves.
 - If dizzy, slow way down, that may work. If dizziness persists or they are uncomfortable or wobbly, stop. If not dizzy, try going a little faster.
 - Do trunk circles. These are small circles done with the trunk. The body is held erect and moves in small- to medium-sized circles from the hip. Go both directions.
 - Sway the trunk in figure-eight patterns. Change directions.

Give It More Balance »

Have participants close the spaces between their fingers a bit more. With eyes closed and sitting tall, do the following:

- ⦿ Make waves. Making waves is doing slow head turns while nodding the chin up and down.
- ⦿ Do trunk circles.

Keep It Safe »

Not all vestibular difficulties can be helped with activity. These suggestions may help them adapt, but will not fix a permanent problem. Use chairs with arms; If participants get dizzy, they may temporarily lose their balance and fall to the side.

Live It »

Practicing these differences in vision will help the vestibular system work better during everyday situations such as in darkened rooms, head turning, and changes in position.